with his/her ability to control and drive a commercial motor vehicle safely;

- (6) Has no current clinical diagnosis of high blood pressure likely to interfere with his/her ability to operate a commercial motor vehicle safely;
- (7) Has no established medical history or clinical diagnosis of rheumatic, arthritic, orthopedic, muscular, neuromuscular, or vascular disease which interferes with his/her ability to control and operate a commercial motor vehicle safely;
- (8) Has no established medical history or clinical diagnosis of epilepsy or any other condition which is likely to cause loss of consciousness or any loss of ability to control a commercial motor vehicle:
- (9) Has no mental, nervous, organic, or functional disease or psychiatric disorder likely to interfere with his/her ability to drive a commercial motor vehicle safely:
- (10) Has distant visual acuity of at least 20/40 (Snellen) in each eye without corrective lenses or visual acuity separately corrected to 20/40 (Snellen) or better with corrective lenses, distant binocular acuity of at least 20/40 (Snellen) in both eyes with or without corrective lenses, field of vision of at least 70° in the horizontal Meridian in each eye, and the ability to recognize the colors of traffic signals and devices showing standard red, green, and amber:
- (11) First perceives a forced whispered voice in the better ear at not less than 5 feet with or without the use of a hearing aid or, if tested by use of an audiometric device, does not have an average hearing loss in the better ear greater than 40 decibels at 500 Hz, 1,000 Hz, and 2,000 Hz with or without a hearing aid when the audiometric device is calibrated to American National Standard (formerly ASA Standard) Z24.5—1951.
- (12)(i) Does not use a controlled substance identified in 21 CFR 1308.11 *Schedule I*, an amphetamine, a narcotic, or any other habit-forming drug.
- (ii) *Exception*. A driver may use such a substance or drug, if the substance or drug is prescribed by a licensed medical practitioner who:

- (A) Is familiar with the driver's medical history and assigned duties; and
- (B) Has advised the driver that the prescribed substance or drug will not adversely affect the driver's ability to safely operate a commercial motor vehicle; and
- (13) Has no current clinical diagnosis of alcoholism.

[35 FR 6460, Apr. 22, 1970, as amended at 35 FR 17420, Nov. 13, 1970; 36 FR 223, Jan. 7, 1971; 36 FR 12857, July 8, 1971; 43 FR 56900, Dec. 5, 1978; 55 FR 3554, Feb. 1, 1990; 60 FR 38744, July 28, 1995; 62 FR 37152, July 11, 1997; 65 FR 59369, Oct. 5, 2000]

## § 391.43 Medical examination; certificate of physical examination.

- (a) Except as provided by paragraph (b) of this section, the medical examination shall be performed by a licensed medical examiner as defined in §390.5 of this subchapter.
- (b) A licensed optometrist may perform so much of the medical examination as pertains to visual acuity, field of vision, and the ability to recognize colors as specified in paragraph (10) of § 391.41(b).
  - (c) Medical examiners shall:
- (1) Be knowledgeable of the specific physical and mental demands associated with operating a commercial motor vehicle and the requirements of this subpart, including the medical advisory criteria prepared by the FMCSA as guidelines to aid the medical examiner in making the qualification determination: and
- (2) Be proficient in the use of and use the medical protocols necessary to adequately perform the medical examination required by this section.
- (d) Any driver authorized to operate a commercial motor vehicle within an exempt intracity zone pursuant to §391.62 of this part shall furnish the examining medical examiner with a copy of the medical findings that led to the issuance of the first certificate of medical examination which allowed the driver to operate a commercial motor vehicle wholly within an exempt intracity zone.
- (e) Any driver operating under a limited exemption authorized by §391.64 shall furnish the medical examiner

## §391.43

with a copy of the annual medical findings of the endocrinologist, ophthalmologist or optometrist, as required under that section. If the medical examiner finds the driver qualified under the limited exemption in §391.64, such fact shall be noted on the Medical Examiner's Certificate.

(f) The medical examination shall be performed, and its results shall be recorded, substantially in accordance with the following instructions and examination form. Existing forms may be used until current printed supplies are depleted or until November 6, 2001, whichever occurs first.

## INSTRUCTIONS FOR PERFORMING AND RECORDING PHYSICAL EXAMINATIONS

The medical examiner must be familiar with 49 CFR 391.41, Physical qualifications for drivers, and should review these instructions before performing the physical examination. Answer each question "yes" or "no" and record numerical readings where indicated on the physical examination form.

The medical examiner must be aware of the rigorous physical, mental, and emotional demands placed on the driver of a commercial motor vehicle. In the interest of public safety, the medical examiner is required to certify that the driver does not have any physical, mental, or organic condition that might affect the driver's ability to operate a commercial motor vehicle safely.

General information. The purpose of this history and physical examination is to detect the presence of physical, mental, or organic conditions of such a character and extent as to affect the driver's ability to operate a commercial motor vehicle safely. The examination should be conducted carefully and should at least include all of the information requested in the following form. History of certain conditions may be cause for rejection. Indicate the need for further testing and/or require evaluation by a specialist. Conditions may be recorded which do not, because of their character or degree, indicate that certification of physical fitness should be denied. However, these conditions should be discussed with the driver and he/she should be advised to take the necessary steps to insure correction, particularly of those conditions which, if neglected, might affect the driver's ability to drive safely.

General appearance and development. Note marked overweight. Note any postural defect, perceptible limp, tremor, or other conditions that might be caused by alcoholism, thyroid intoxication or other illnesses.

Head-eyes. When other than the Snellen chart is used, the results of such test must be expressed in values comparable to the

standard Snellen test. If the driver wears corrective lenses for driving, these should be worn while driver's visual acuity is being tested. If contact lenses are worn, there should be sufficient evidence of good tolerance of and adaptation to their use. Indicate the driver's need to wear corrective lenses to meet the vision standard on the Medical Examiner's Certificate by checking the box, "Qualified only when wearing corrective lenses." In recording distance vision use 20 feet as normal. Report all vision as a fraction with 20 as the numerator and the smallest type read at 20 feet as the denominator. Monocular drivers are not qualified to operate commercial motor vehicles in interstate commerce.

Ears. Note evidence of any ear disease, symptoms of aural vertigo, or Meniere's Syndrome. When recording hearing, record distance from patient at which a forced whispered voice can first be heard. For the whispered voice test, the individual should be stationed at least 5 feet from the examiner with the ear being tested turned toward the examiner. The other ear is covered. Using the breath which remains after a normal expiration, the examiner whispers words or random numbers such as 66, 18, 23, etc. The examiner should not use only sibilants (ssounding test materials). The opposite ear should be tested in the same manner. If the individual fails the whispered voice test, the audiometric test should be administered. For the audiometric test, record decibel loss at 500 Hz, 1,000 Hz, and 2,000 Hz. Average the decibel loss at 500 Hz, 1,000 Hz and 2,000 Hz and record as described on the form. If the individual fails the audiometric test and the whispered voice test has not been administered, the whispered voice test should be performed to determine if the standard applicable to that test can be met.

Throat. Note any irremediable deformities likely to interfere with breathing or swallowing.

Heart. Note murmurs and arrhythmias, and any history of an enlarged heart, congestive heart failure, or cardiovascular disease that is accompanied by syncope, dyspnea, or collapse. Indicate onset date, diagnosis, medication, and any current limitation. An electrocardiogram is required when findings so indicate.

Blood pressure (BP). If a driver has hypertension and/or is being medicated for hypertension, he or she should be recertified more frequently. An individual diagnosed with mild hypertension (initial BP is greater than 160/90 but below 181/105) should be certified for one 3-month period and should be recertified on an annual basis thereafter if his or her BP is reduced. An individual diagnosed with moderate to severe hypertension (initial BP is greater than 180/104) should not be certified until the BP has been reduced to the mild range (below 181/105). At that time,

a 3-month certification can be issued. Once the driver has reduced his or her BP to below 161/91, he or she should be recertified every 6 months thereafter.

Lungs. Note abnormal chest wall expansion, respiratory rate, breath sounds including wheezes or alveolar rales, impaired respiratory function, dyspnea, or cyanosis. Abnormal finds on physical exam may require further testing such as pulmonary tests and/or x-ray of chest.

Abdomen and Viscera. Note enlarged liver, enlarged spleen, abnormal masses, bruits, hernia, and significant abdominal wall muscle weakness and tenderness. If the diagnosis suggests that the condition might interfere with the control and safe operation of a commercial motor vehicle, further testing and evaluation is required.

Genital-urinary and rectal examination. A urinalysis is required. Protein, blood or sugar in the urine may be an indication for further testing to rule out any underlying medical problems. Note hernias. A condition causing discomfort should be evaluated to determine the extent to which the condition might interfere with the control and safe operation of a commercial motor vehicle.

Neurological. Note impaired equilibrium, coordination, or speech pattern; paresthesia; asymmetric deep tendon reflexes; sensory or positional abnormalities; abnormal patellar and Babinski's reflexes; ataxia. Abnormal neurological responses may be an indication for further testing to rule out an underlying medical condition. Any neurological condition should be evaluated for the nature and severity of the condition, the degree of limitation present, the likelihood of progressive limitation, and the potential for sudden incapacitation. In instances where the medical examiner has determined that more frequent monitoring of a condition is appropriate, a certificate for a shorter period should be issued.

Spine, musculoskeletal. Previous surgery, deformities, limitation of motion, and tenderness should be noted. Findings may indi-

cate additional testing and evaluation should be conducted.

Extremities. Carefully examine upper and lower extremities and note any loss or impairment of leg, foot, toe, arm, hand, or finger. Note any deformities, atrophy, paralysis, partial paralysis, clubbing, edema, or hypotonia. If a hand or finger deformity exists, determine whether prehension and power grasp are sufficient to enable the driver to maintain steering wheel grip and to control other vehicle equipment during routine and emergency driving operations. If a foot or leg deformity exists, determine whether sufficient mobility and strength exist to enable the driver to operate pedals properly. In the case of any loss or impairment to an extremity which may interfere with the driver's ability to operate a commercial motor vehicle safely, the medical examiner should state on the medical certificate "medically unqualified unless accompanied by a Skill Performance Evaluation Certificate." The driver must then apply to the Field Service Center of the FMCSA, for the State in which the driver has legal residence, for a Skill Performance Evaluation Certificate under §391.49.

Laboratory and Other Testing. Other test(s) may be indicated based upon the medical history or findings of the physical examination.

Diabetes. If insulin is necessary to control a diabetic driver's condition, the driver is not qualified to operate a commercial motor vehicle in interstate commerce. If mild diabetes is present and it is controlled by use of an oral hypoglycemic drug and/or diet and exercise, it should not be considered disqualifying. However, the driver must remain under adequate medical supervision.

Upon completion of the examination, the medical examiner must date and sign the form, provide his/her full name, office address and telephone number. The completed medical examination form shall be retained on file at the office of the medical examiner.

# Medical Examination Report FOR COMMERCIAL DRIVER FITNESS DETERMINATION

			-		
		M/D/Y	<b>∑</b> L	Recertification Follow Up	
Address City, State, Zip Code Work Tel: ( ) Driver Lic Hame Tel: ( )  2. HEALTH HISTORY Driver completes this section, but medical examiner is encouraged to discuss with driver	Work Tel: ( Home Tel: ( but medical examiner is enc	al: ( ) al: ( ) encouraged to dis	Driver License No.		License Class State of A C Issue B D Other
Yes No	Yes No			Yes No	
Any illness or injury in last 5 years?	Lung disea	ıse, emphysema, ast	Lung disease, emphysema, asthma, chronic bronchilis	Fainting,	Fainting, dizziness
Head/Brain injuries, disorders or illnesses Seizures, epilepsy	Kidney diseas	Kidney disease, dialysis Liver disease		Sleep dis asleep, d	Sleep disorders, pauses in breathing whi asleep, daytime sleepiness, loud snoring strake or paralysis
Eye disorders or impaired vision (except corrective lenses) Ear disorders, loss of hearing or balance Heart disease or heart attack; other cardiovascular condition imedication		Digestive problems Diabetes or elevated blood sugar controlled by: diet pills	ar controlled by:	Missing or implication of the state of the s	Successing or impaired hand, arm, foot, Missing or impaired hand, arm, foot, floger, toe
Heart surgery (valve replacement/bypass, anglopiasty, pacemaker) High blood pressure   medication		insulin Nervous or psychiatric disorders, a Medication Loss of, or altered consciousness	insulm Mevous operating disorders, e.g., severe depression Meyous or psychiatric disorders, e.g., severe depression in Medication in Medicatio		Curonic iow back pain Regular, frequent alcohol use Narcotic or habit forming drug use
For any YES answer, indicate onset date, diagnosis, treating physician's name and address, and any current limitation. List all medications (including over-the-counter medications) used regularry or recently.	ı physician's name and a	ddress, and any or	urrent limitation. List	all medications (includi	ng over-the-counter
l certify that the above information is complete and true. I understand that inaccurate, false or missing information may invalidate the examination and my Medical Examiner's Certificate.	nderstand that inaccurate	e, false or missing	information may inval	idate the examination a	and my Medical Examiner's
Driver's	Driver's Signature		Date		

Standard: At least 20/40 acur  NSTRUCTIONS: When so do corrective lenses s NSTRUCTIONS: When other than the Shellen of the an unmerator and the analists type read at 20 for ontact lenses, or intends to do so white driving, sull Numerical readings must be provided.  Aculty UNCORRECTED CORRECTED	Standard: At least 2040 acuity (Snellen) in each eye with or without correction. At least 70° peripheral in horizontal meridian measured in each eye. The use of corrective lenses should be noted on the Medical Examiner's Certificate.
NSTRUCTIONS: When other than the Shellen c 30 as numerono and the smallest type read a 20 f, contact lenses, or threads to do so white draving, as Numerical readings must be provided. ACUITY UNCORRECTED CORRECTED	
Te le	INSTRUCTIONS: When other than the ballen chart is used, give test results in ballen-comparable vittes. In recording distance wiston, use Jujeet as normal, teppor ususta acutly as a ratio with 20 as munerator and the smallest pipe read at 20 feet as denominator. If the applicant wars convective larses, these should be worn while visual acutly is being tested. If the driver labititadity wears one on white driving, afficient evidence of good tolerance and adaptation to their we must be obvious. Moneular drivers are not qualified.
Right Eye         20         Right Eye           Left Eye         20         20         Left Eye           Both Eyes         20         20         Complete next line only if vision testing is done by an ophthalmologist or optometrist	HORIZONTAL FIELD OF VISION Signals and devices showing stanfard and simber control signals and devices showing stanfard and simber colors signals and devices showing standard red, green, and amber colors of Applicant meets visual acuity requirement only when wearing teff Eye o Monocular Vision: Yes No Monocular Vision: Yes No
Date of Examination Name of Ophthaimologist or Optometrist (print)  Standard: a) Must first perceive forced wh  Check if hearing ad used for tests _   Check if nearing ad used and divide by 3.	Name of Optimation Signature  Signature  Signature  Signature  Signature  Signature  Signature  To convert audiometric test results from ISO to ANSI, -14 dB from ISO for 500 Hz, -8.5 dB for 2,000 Hz. To average, add the readings for Signature  A. HEARING
Numerical readings must be recorded.	Right Ear
	Right Tear Leff Ear b) If audiometer is used, record hearing loss in 500 Hz 1000 Hz 2000 Hz 500 Hz 2000 Hz 200
Blood Systolic Diastolic	
Pressure Driver qualified if ≤ 160/90 on initial exam.	If 161-180 and/or 91-104. Quality 3 mos.  If < 160 and/or 90, Quality for 1 yr.  Document Re & control the 3rd  BP is maintained  month  month
Pulse   Regular Rate   Irregular	> 180 and/or 104, not qualified     1 < 180 and/or 30, qualify for 6 mos until reduced to < 181/105.   Document Rx & control the 3rd Then qualify for 3 mos. only.
6. LABORATORY AND OTHER TEST I	Medical examiner should take at least 2 readings to confirm blood pressure.  6. LABORATÓRY AND OTHER TEST FINDINGS Numerical readings must be recorded.
Urinalysis is required. Protein, blood or sugar in rule out any underlying medical problem. Other Testino (Describe and record)	Unralysis is required. Protein, blood or sugar in the unine may be an indication for further testing to URINE SPECIMEN SPECIMEN BLOOD SUGAR Unless of section (Describe and record).

	The presence of a certain condition may not necessarily disquality a driver, particularly if the condition is controlled adequately, is not likely to worsen or is readily amenable to treatment. Even if a condition does not disquality a driver, it medical bearinger deferring the driver improvable. As the driver improvable to the driver improvement in the condition is such as soon as soon as soon as adequately if the condition, if neglected, could result in more sectors finest that might affect driving.	Check YES if there are any abnormalities. Check NO if the body system is normal. Discuss any YES answers in detail in the space below, and indicate whether it would affect the chiver's ability to operate a commendation from white stelly. Enter applicable item number before each comment. If organic diseases is present, note that it has been compensated for.  See instructions 10 The Medical Examinar for quidence.	STEM CHECK FOR:	<ol> <li>Abdomen and Viscera Enlarged liver, enlarged spleen, masses, bruits, hernia, significant abdominal wall muscle weakness.</li> </ol>	Viscular system Abnormal pules and amplitude, carotid or arterial bruits, varicoss veins.  Genito-urnary system, Hemias.	10 Externites. Limb Loss or impairment of girs of to tea arm hand finger impaired. Princer may be Perceptible Imp deformities attority weakness, gratistics subject to SPE certificate oldubring deform by protonia. Insufficiently depending the arms of the protonial protonial reseming wheelight of otherwise qualified. Insufficient in open implication of percentage and arms of the protonial proton	eta Te	Wearing corrective lenses	Wearing hearing aid walverlexemption     Accompanied by a   walverlexemption     Skill Performance Evaluation (SPE) Certificate     Driving within an exempt intractly zone.     Qualified by operation of 49 CFR 391.64
(sql)	r if the condition is c iver temporarily. Also night affect driving.	uss any YES answers If organic disease is	YES* NO BODY SYSTEM	7. Abdom	Vascular system     Gentto-urinary sy	10. Extrem impaire subject if other	11. Spine, other musculoskel 12. Neurological		
(in.) Weight:	squalify a driver, particularly nay consider deferring the dri in more serious illness that n	ody system is normal. Discu nber before each comment.	YES	of alcoholism, problem	accommodation, lance, extraocular nos, strabismus etinopathy, cataracts, eration.	demal canal, lerfere with breathing	reat, pacemaker. moomal respiratory ding wheezes or function, dyspnea, ysical exam may onary lests and/or xray	ical Examiner for guidance.	required. driver qualified only for:
ATION Height:	The presence of a certain condition may not necessarily disquality a driver, particularly if the condition is condition does not disquality ad river, it he modeta examine may consider defering the driver temporarily. All existshe particularly, if the condition, it rigglected, could result in more sentous liness that might affect driving	mormalities. Check NO if the by stely. Enter applicable item nur sal Examiner for guidance.	CHECK FOR:	<ol> <li>General Appearance Marked overweight, tremor, signs of alcoholism, problem drinking, or drug abuse.</li> </ol>	Pupillary equality, reaction to light, accommodation, ocular motifity, ocular muscle imbalance, extraocular movement, nystagmas, acophilarianes, strabismus, uncorrected by corrective lenses retinopathy, cataracts, aphakia, glaucoma, macular degeneration.	Middle ear disease, occusion of external canal, perforated sardrums. Irremediable deformities likely to interfere with breathing or swallowing.	Mumurs, extra sounds, enlarged heart, pacenaker. Abnormal chest well expansion, abnormal respiratory rate, abnormal breath sounds including wheezes or alveoler rates, imparied respiratory function, dyspnea, ogenosis. Abnormal findings on physical exam may require further resting such as pulmonary tests and/or xray	COMMENTS:  Note certification status here. See instructions to the Medical Examiner for guidance.  Note standards in 49 CFR 391.41; qualifies for 2 year certificate.	odic evaluation
7. PHYSICAL EXAMINATION	The presence of a certain concondition does not disqualify a possible particularly if the cond	Check YES if there are any abu a commercial motor vehicle sal See Instructions To The Medica	BODY SYSTEM CH	General Appearance Mark     drink	2. Eyes ocupii move move unco	3. Ears Midd perform 4. Mouth and Throat Irrem or sw	Heart     Lungs and chest, Abron not including breast rate, examination. allve, years of the chest of the chest.    Comparison of the chest of	COMMENTS:  Note certification status here  Meets standards in 4:	Does not meet standards.  Meets standards, but perious to Due to 3 months.

# 49 CFR 391.41 Physical Qualifications for Drivers

Responsibilities, work schedules, physical and emotional demands, and lifestyles among commercial drivers vary by the type of driving that they do. Some of the main types of drivers include the following: turn around resistors status to their home base each eventing), long relay (drivers drive. 8.10 hours and then have an 8-hour off-duty period), straight through haal forest country drivers; and team drivers (drivers share the driving by alternating their 4-hour driving periods and 4-hour rest periods).

The following factors may be involved in a driver's period dridtes, about schedule changes and rotating work schedules, which may result in large production; long to boordino; long the bours; extended time away from family wany result in large (so consultion; long to boordino; long to bours; extended time away from family wang result in large (so consultion; long to boordino; long to bours; extended three away from family wang result in large (so consultion; long in order to compensate for the lost time; and eating patterns, adverse road, wenther and traffic conditions, which may ensure delays and lead to burriedly loading or unloading cargo in order to compensate for the lost time; and environmental conditions such as excessive vibration, noise, and extremes in temperature. Transporting passenges or hazardous materials may add to the demands on the

there may be duties in addition to the driving task for which a driver is responsible and needs to be fit. Some of these responsibilities are: coupling and uncoupling trailer(s) from the tractor. There may be duties in addition to the driving task for which a driver may lift a heavy load or unload as much as 50,000 lps. of freight alter stiting for a long period of time without any stretching period). Inspecting the operating condition of tractor and ratified and adsorpt, the ability to maintain a crouching position to inspect the underside of the vehicle. Frequent emering and exhiting of the cash and the hardor and/or trailer(s) and that a hardor the underside of the vehicle. Frequent emering and exhiting of the cash and that hardors on the tractor and/or trailer(s).

In addition, a driver must have the perceptual skills to monitor a sometimes complex driving situation, the judgment skills to make quick decisions, when necessary, and the manipulative skills to centrol an oversize secring wheel, shift gears using a manual transmission, and manuver a vehicle in crowded areas.

## 391.41 PHYSICAL QUALIFICATIONS FOR

(a) A person shall not drive a commercial motor vehicle unless he sphysically qualified to do so and, except as provided in §391.67. has on his person the original, or a photographic copy, of a medical examiner's certificate that he is physically qualified to drive a commercial motor vehicle.

(b) A person is physically qualified to drive a motor vehicle if that person:

(c) Has no loss of a foot, a leg, a hand, or an amp, or has been granted a Skill Performance Evaluation (SPE)

(C) Crificate (formerly Limb Waiver Program) pursuant to \$3391.49.

(j) Has no impariment of (i) A hand interferes with prehension or power graspling or (ii) An arm, foot, or leg which interferes with the ability to perform morant asks, associated with operating a commercial motor vehicle; or any other significant limb defect or limitation which interferes with the ability to perform normal tasks associated with operating a commercial motor vehicle; or has been granted a SPE Certificate pursuant to §391.49.

diagnosis of diabetes mellitus currently requiring insulin for control;

(4) Has no current clinical diagnosis of myocardial infarction, angian pecoris, contary instificiency, thrombosis, or any other cardiovascular disease of a variety known to be accompanied by syncope, dyspnea, collapse, or congestive cardiae failure.

(5) Has no established medical history or clinical diagnosis of a respiratory dysfunction likely to interfere with his ability to control and drive a commercial motor

vehicle safely.

(6) Has no current clinical diagnosis of high blood pressure likely to interfere with his ability to operate a commercial motor vehicle safely.

clinical diagnosis of theumatic, arthrittic, orthoppedic, muscular, neuronuscular, or vascular disease which interferes with his ability to control and operate a commercial motor vehicle safely.

(8) Has no established medical history or clinical diagnosis of epilepsy or any other condition which is likely to cause loss of consciousness or any loss of ability to cause loss of consciousness or functional diseases or psychiatric disorder likely to interfere with his ability to drive a commercial motor vehicle; (9) Has no mental, nervous, organic, or functional disease or psychiatric disorder likely to interfere with his ability to drive a commercial motor vehicle safely;

States of the solution of at least 20/40 (States) in each eye without corrective lenses or visual acutity separately corrected to 20/40 (States) in each eye without corrective lenses, or visual acutity of a feast 20/40 (States) in the object with or without corrective lenses, distant bincoular acutity of a feast 20/40 (States) in the object set and or without corrective lenses, field of vision of at least 70 degrees in the horizontal meridian in each eye, and the ability to receiptive the colors of traffic signals and devices showing standard red, green and amber; (11) First perceives a forced whispered voice in the better ear not less than 5 feet with or without the use of a hearing aid, or, if tested by use of an audiometric device, does not have an average hearing loss in the better ear greater than 40 decibels at 500 Hz, 1,000 Hz and 2,000 Hz with or without a hearing aid when the audiometric device is calibrated to American National Standard (Formerly ASA Standard) Z24,5–1951,

amphetamine, a narcotic, or any other habit-forming drug. (ii) Exception: A divirer may use such a substance or drug, if he substance or drug is prescribed by a licensed medical practitioner who: (A) Is familiar with the driver's medical history and assigned duties, and (B) Has advised the driver that the prescribed substance or drug will not adversely affect the driver's shilling to safely operate a commercial motor vehicle, and commercial motor vehicle, and (i3) Has no current clinical diagnosis of alcoholism.

## 1009

# INSTRUCTIONS TO THE MEDICAL EXAMINER

## Loss of Limb: § 391.41(b)(1)

The purpose of this examination is to determine a driver's physical qualification to operate a commercial moby vehicle. [LOM/) in infessible commerce according to the requirement in S. 49 CRT 834.14.4.2. Therefore, the medical examiner must be strownledgeable of these requirements and guidelines developed by the MENGS to assist the medical examiner. In making the qualification determination. The medical examiner III should be familiar with the driver's responsibilities and work agreement and is referred to the section on the form. The Conversion of the form of the form.

Diverse Kode.

In addition to reviewing the Health History section with the farm addition to reviewing the Health History section with the driver and conducting the physical examination, the medical examiner should fiscuss common prescriptions and over-the- \$6 counter medicators relative to list die effects and hazard and admittes and the section, particularly if required by regulation, and the section particularly if required by regulation, or may inflicite the meet of an additional laboratory tests or more an stringent examination perhaps by a medical specialist. These decisions are trained medical specialist. These potentials to the condition to render the river unsafe.

Medical conditions should be recorded even if they are not of the condition to render the river unsafe.

Medical conditions should be recorded even if they are not of exame for denial, and they should be decussed which the driver of the condition should affect diving. If the condition should affect diving in desertion is also able to perform non-driving responsibilities as many be required. The medical examiner determines that the divider mast carry with hasher ficense. The Exemination should be stored and purchase the medical examiner sequence confliction must be dated. Under current regulations, the certificate is valid for two yeast, unless the medical carried as an ordered confliction must be dated. Under current regulations, the decideral condition that does not prothat ferring that does require more conflictate in should be stored on prothat ferring that does require more conflictate in a should be done carefully and at least as complete for a shorter length of time. The physical conditions are not prothat ferring that does require more examination should be done carefully and at least as complete for a shorter length of time. The physical for qualifying drivers under 48 CFR 39154, sec.). Respiciely and prothage the supplication of the protection indomestic for a vising the protection of the protection indomestic for a shorter for the

## Interpretation of Medical Standards

Limb Impairment:

Limb Impairment:

A person is physically qualified to drive a commercial of motor veticle if that person.

A person is physically qualified to drive a commercial motor veticle if that person.

Be also uniquament of j(1) A hand or finger which will also uniquament of j(1) A hand or finger which are interferes with prehension or power grasping, or (ii) An interferes with prehension or power grasping, or (ii) An interfere with the ability to be perform normal tasks associated with operating a commercial motor vehicle; or (iii) Any other significant in the defent of momercial motor vehicle; or (iv) Han been granted a Skill Performance Evaluation (EVI) Certificate pursuant to Section 39, 49.

Section 39, 49.

Section 39, 49.

Commercial motor vehicle; or (iv) Han been granted a Skill Performance of normal tasks associated with operating a performance of normal tasks associated with operating a commercial motor vehicle is subject to the Skill Performance of compensate o Since the Issuance of the regulations for physical qualifications of commercial circulars, the Pecelal Motor Carter's Safety of Administration (FMCSA) has published recommendations or determining whether a diver meeta the physical costanions in published the commercial driving. These recommendations have been of commercial driving. These recommendations have been of conventional driving. These recommendations have been it is clearly relevant to the physical examiners that (I) is directly relevant to the physical examiners that (I) is directly relevant to the physical examiners that (I) is directly relevant to the physical examiners that (I) will be produced in the medical examination from. The specific requirements of the production is printed in Italics and its reference by section is the production of the physical examination is the production of the physical production in the medical manufacture is printed in Italics and its reference by section is the production of the physical production in the medical manufacture is the production of the physical production in the production of the physical production is the production of the physical production in the production is the production of the physical production in the production is the production of the physical production in the production is the production in the production in the production is the production in the production in the production is the production in the production in the production is the production in the production in the production is the production in the production in the production is the production in the production in the production in the production is the production in the production is the production in the produ

Federal Motor Carrier Safety Regulations - Advisory Criteria -

Diabetes § 39.4(10)(3) § 39.4(10)(3) A person is physically qualified to drive a commercial motor vehicle if that peach and to a motor vehicle if that peach thus no exambished medical history or chincel diagnosis of diabetes mellitus carrently requiring insulin for

A person is physically qualified to drive a commercial motov vehicle if that person.

Has no loss of a floot, leg, hand or an arm, or has been granted a Skill Performance Evaluation (SPE) Certificate pursuant to Section 391.49.

Diabetes radifius is a disease which, on occasion, can result in a loss of consciousness of in three and space, Individuals who require insulin for control have conditions which can go to all control by the use of ion much or two little insulin, or food insular not consistent with the insulin obasge, Incapacitation may occur from symptoms of hyperglycenic or hypoglycenic reactions (drowsiness, semiconsciousness, diedictic com a rinsulin shock). The administration of insulin is, which itself, a remonstrations as diedicin paint, as price, needle, alleoho goonge and a sterile technique. Factors related to long-hali connectal more whele operations, such as faigue, alek of sleep, poor diet, emotoral feated rough control in these whele to predictions, such as faigue, alek of sleep, poor diet, emotoral conditions, stress, faigue, and concomitatin thress, compound the dislate; producing dies more consistently held that a diabetic who uses insulin for control does not meet the minimum physical requirements of the Hospital control

Hypoglycenic drugs, taken orally, are sometimes prescribed for duberte nichtschales to bely brinnlate entural broken production of meaning. The contribute on the contribute or the second of the contribute of the second or the second or the second or the second of the second or the second or the second or the second of the second or the

## Cardiovascular Condition

## 391.41(b)(4)

A person is physically qualified to drive a commercial motor vehicle if that preson: that person: that has no current clinical diagnostis of myocardial infarction, angina pectoris, coronary insufficiency, thrombosis or any other cardiovascular disease of a warrety known to be accompanied by syncope, dyspnea, collapse or congestive cardiac failure.

The term 'has no current chincial diagnosis of' is specifically designed to encompass.' a chincial diagnosis of' (1) a current cardiovascular condition, or (2) a cardiovascular condition, which has not fully stabilized regardless of the time limit. The term 'known to be accompanied by "is defined to include: a chincial diagnosis of a cardiovascular disease (1) which is

sympope, dyspinea, collapse or congestive cardiac failure.
It is the linent of the PMC/SRS to reader unqualified a driver who has a current cardiovascular disease which is secondamical advisors which is secondamical and rikely to cause symptoms of sympope, dysprae, collapse, or congestive cardiac failure. However, the subjective decision of whether the nature and severity of an individual's condition will likely cause symptoms of cardiovascular insufficiency; is on an individual basis and qualification cass with the medical causinities and the mour carrier. In those cases where there is an occurrence of cardiovascular insufficiency in courteriors of cardiovascular insufficiency in ward stress electron.

(ECC), no residual complications and no physical limitations, and is taking no medication likely to interfere with safe.

implantation are carefully objects against yourse peculiarities. On commentarity and yourse present where can improve the health and safety of the driver and should not, by its use, medically degrainfy the entire and should not, by its use, medically degrainfy the enternmental and the driver and should be on the underlying medical condition(s) which require treatment and the general health of the driver. The PhiCSA should be connected at 1(202) 866-1790 for additional recommendations regarding the physical qualification of driver so counterfail.

(See Conference on Cardiar Disorders and Commercial Drivers are Imply/www fines and egov/rulesrogs/medreports.htm)

8.391.41(b)(S) Coronary artery hypass surgery and pacemaker

Sociation in physically qualified to drive a commercial motor vehicle if that person: Han o exalisivele medical history or clinical diagnosis of a respiratory disjunction likely to interfere with ability to control and drive a commercial motor vehicle ability to control and drive a commercial motor vehicle.

Sofiety.

Some a driver must be alert at all times, any change in his or her mental state is in direct conflict with highway safety.

Even the slightest impairment in respiratory function under emergency conditions (when greater coygen supply is necessary for performance) may be destinated to safe driving. There are many conditions that interfere with oxygen exchange and may result in measurealistic including exchange and may result in measurealistic in the emerginacy destinatory destination at a significant to the modified canning exchange and may result in measure latter in the emergine cheep remainer detects a respiratory destination, that in any way is likely to interfere with the diverse halling to active control and drive a must be referred to a specialist for further evaluation and therapy. Anticoagulation thempty for deep votal thembosis and/or plutnomized is not unqualifying once optimizing does is thingtoembotism; and even in thembosis and/or plutnomized is a significant or the surface of the desired or the control and control desired in the control of the control and cheep. achieved, provided lower extremity venous examinations remain normal and the treating physician gives a favorable recommendation.

(See Conference on Pulmonary/Respiratory Disorders and Commercial Drivers at: Commercial Drivers at: http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

A person is physically qualified to drive a commercial motor vehicle if that person: Han no current clinical diagnosis of high blood pressure likely to merger with ability to operate a commercial motor vehicle safely.

Hypercussion alone is unitiedly to cause sudden collapse; however, the kindrood increases when larget organ damage, particularly cerebral vascular disease, is present. This regulatory criteria is based on PACSA's Candiac Conference recommendations; which used the report of the 1984 Joint National Committee on Detection, Evaluation, and Treatment of Albodo pressure of 161-180 and/or 91-104 disasolic is confedered mild hypertension, and the divers is not recessmit progression, and appearance of 161-180 and/or 91-104 disasolic is oral before the progression of the 1984 Joint organic org range. Annual recertification is recommended if the medical examiner is unable to establish the blood pressure at the time of

An elevated blood pressure finding should be confirmed by at least two subsequent measurements on different days.

ventricular hypertrophy not otherwise explained (echocardiography or EGG by Estes criteria), evidence of severely reduced left ventricular function, or serum creatinine of greater than 2.5 warrants the direct being found unqualified to operate a commercial motor vehicle in interstate commerce.

Treament includes nompharmacologic and pharmacologic modulisties are well as counseling to reduce over risk theors. Most amhypertensive medications also have side effects, the importance of which must be judged on an individual basis. Individuals must be adried to the hazards of of these medications while driving. Side effects of somnoduce or syncope are particularly undesirable in commercial drivers.

cytoma, primary adoststronism (unless bilateria adrenalectomy has been performed), renovascular disease, or unilateral trenal purenchymal disease, and who shows no evidence of target organ may be qualified. Hypertension that presists despite surgical intervention with no target organ diseases should be evaluated and treated following the guidelines set forth above. (See Conference on Cardiac Disorders and Commercial Drivers at: http://www.fmcsa.doi.gov/rulesregs/medreports.htm) A commercial driver who has normal blood pressure 3 or more months after a successful operation for pheochromo-

## Rheumatic, Arthritic, Orthopedic, Muscular, Neuromuscular or Vascular Disease \$ 391.41(b)(7)

A person is physically qualified to drive a commercial motor vehicle if that person: Has no established medical history or clinical diagnosis of rheunatic, arthritic, orthopodic, muscular, neuromuscular or vascular disease which interferes with ability to control and operate a commercial motor vehicle safety.

Certain diseases are known to have acute episodes of transient muscle weakness, poor muscular roordination (titaria), announal sensations to parasitions (parestations), decreaced muscular tone (hypotonia), visual disturbances and pain which may be suddenly inequestating. With each recurring episode, these symptoms may become more pronounced and remain for longer periods of time. Other diseases have more insidious onest and display symptoms of muscle weating (atrophy), swelling and parestations with the may not suddenly incaperline a person but may restrict his/her movements and eventually interfere with the deligity to safely operate a motor vehicle. In many instances these diseases are degenerative in nature or may result in deterroining on the involved area.

Once the individual has been diagnosed as having a rheumatic, arthrife, orthopedic, muscular, neuronuscular or

## §391.43

vascular disease, then he/she has an established history of that disease. The physician, when examining an incividual, should consider the following. (1) the nature and severity of the individual's condition (such as sensory loss or loss of serveigh) (2) the degree of limitation present (such as range of motion), (3) the likelihood of progressive limitation (not always present initially but may mainfest itself over time), and (4) the likelihood of sudden incapacitation. If severe functional impairment exists, the driver does not qualify.) In cases where more requent monitoring is required, a certificate for a shorter time period may be issued.

(See Conference on Neurological Disorders and Commercial Drivers at:

## Epilepsy § 391.41(b)(8)

A person is physically qualified to drive a commercial motor vehicle if that person:
Has no extellished medical history or clinical diagnosis of epilepsy or any other condition which is likely to cause loss of consciousness or any loss of ability to control a motor vehicle.

Epilepsy is a chronic functional disease characterized by sealures or popiology had court without warming, resulting in loss of voluntary control which may lead to loss of consciousness and/or seizures. Therefore, the following drivers cannot be qualified, (i) a driver who has a modical history of epilepsy; (2) a driver who has a current clinical diagnosis of epilepsy; or (3) a driver who is taking antiscizure

medication.

If an individual has had sudden episode of a nonepileptic scizure of loss of consciousness of unknown cause which did not require antiscizure medication, the decision as to whether that person's condition will likely cause loss of consciousness of loss of chility to central amount, the decision as to whether that person's condition will likely cause loss of consciousness of loss of chility to central amount with cause loss of consciousness individual basis by the medical caminer in consultation with the treating physician. Before certification is considered, it is suggested that a chemin whating period elapse from the time of the episode. Following the waiting period, it is suggested that a chemin have a complete translogical examination. If the results of the examination are negative and antiseizure medication is not required, then the driver may be qualified. In those individual cases where a driver has a seizure or an episode of loss of consciousness that resulted from a known infectious disturbance, certification should be deferred until the criver has filly recovered from that condition and has no existing residual complications, and one taking antiseizure medication. Driver attretion on Neurological Disorders and Commercial Divers attretion.

http://www.fmcsa.dot.gov/rulesregs/medreports.htm)

## 391.41(b)(9)

# A person is physically qualified to drive a commercial motor vehicle if that person:

Has no mental, nervous, organic or functional disease or psychiatric disorder likely to interfere with ability to drive a motor vehicle safety.

incoordination, inattention, loss of functional control and susceptibility to accidents while driving. Physical fatigue, headache, impaired coordination, recurring physical aliments and chronic "nagging" pain may be present to such a degree that certification for commercial driving is inadvisable. Emotional or adjustment problems contribute directly to an individual's level of memory, reasoning, attention and judgment. These problems often underlie physical disorders. A variety of functional disorders can cause drowsiness, dizziness, confusion, weakness or paralysis that may lead to

Somatic and psychosomatic complaints should be thoroughly delice examined when determining an individual's overall finness to (sall drive. Disorders of a periodically incapacitating nature, even in the carly stages of development, may warrant and stagus of development, may warrant and disqualification.

Many bus and truck drivers have documented that "nervous evi trouble" related to neurotic, personality, emotional or adjustment problems, is responsible for a significant fraction of distributed problems, is responsible for a significant fraction of distributed problems, is responsible to a significant fraction of distributed to appreciate, evaluate and adequately respond to for environmental strain and emotional stress is critical when assessing an individual's mental alertness and flexibility to

cope with the stresses of commercial motor vehicle driving.

When examining the driver, it should be kept in mind that individuals who live under chronic emotional upsets may have paranoia, anxiety or depressive neuroses) may warrant disqualification. Careful consideration should be given to the deeply ingrained maladaptive or erratic behavior patterns. Excessively artugonistic, instinctive, inpulsive, oponity aggressive, paranoid or severely depressed behavior greatly interfere with the driver's ability to drive safety. Those individuals who are highly susceptible to frequent states of emotional instability (schizophrenia, affective psychoses, medications and potential hazards for driving.
(See Conference on Psychiatric Disorders and Commercial Drivers art.)

http://www.fmcsa.dot.gov/nulesregs/medreports.htm) side effects and interactions of medications in the overall qualification determination. See Psychiatric Conference Report for specific recommendations on the use of these

## 391.41(b)(10)

# A person is physically qualified to drive a commercial motor vehicle if that person:

Hos distant visual acuity of at least 20/40 (Snellen) in each eye with ow without corrective lenses or visual acuity separately corrected to 20/40 (Snellen) to be here with corrective lenses, distant binocular acuity of at least 20/40 (Snellen) in both eyes with ow without corrective lenses, distant binocular acuity of at least 20/40 (Snellen) in both eyes with ow without corrective lenses, field of vision of at least 70 degrees in the horizontal unevitain in each eye, and the ability to recognize the colors of rights signals and reviews showing standard red, green, and amber, the or she meets the minimum standard, even from mem if a person can recognize the colors of regits and estimated to mean if a person can recognize the colors of regits and estimated to mean if a person can recognize the colors of pregits and estimated action on mean if a person can exception estimated to make the or she meets the minimum standard, even and amber, the or she meets the minimum standard, even from the or and the standard or the colors of resistant shall and outeful findings are discovered, a controlled test using signal end. Signal and every sub-order to the control classes are permissible if there is sufficient of contact classes are permissible if there is sufficient in the driving of commercial more visual automy and moletic lens in the other eye for on distance visual usuly and moletic ries in the tuse of guesses or controlled test using a commercial poly-rees at the control tenses, the following statement shall appear on the Modreal Esaminer's Commercial more visual acute in the criteria by the use of guesses or controlled test uses acceptable. In the dividual meets the criteria by the use of guesses or controlled test to the control class acceptable. If an individual meets the criteria by the use of guesses or controlled tests acceptable.

Hearing § 391.41(b)(11)

8 97-141(9).11

8 9-37-41(9).11

A person is physically qualified to drive a commercial motor vehicle (I'that person: a first prevents a forced whitepered voice in the better car at not less than 5 feet with or without the use of a device, does not have see of an admoment: between goal or of greated by use of an admoment: between than 40 decletes at 50 Mp. 11, 100 Hz. and 2, 100 Hz with or without a hearing and when the mandament is device is cultibrated to American National Standard (formerly ASA Standard) Z-15.1 S1.5 Since in prescribed sanded under the PMCSR is the American Standard Assurdard (ANSI), it may be necessary to more the adiometric results from the ISO standard to the Examination report form.

specificity. The term "habit- forming" is intended to include using drug or includiation generally recognized as capable of becoming labitud, and which may impair the user's ashirty operate a commercial motor whickle safety.

The driver is medically unqualified for the duration of the probibited duplicy use and unit a second examination shows the driver is refer from the prohibited duplicy use and until a second examination shows the driver is free from the prohibited duplicy use and until a second examination shows the driver is free from the prohibited duplicy to operate the examiner has the option to cartify for a period of less than 2 years if this the option to cartify for a period of less than 2 years if this casminer determines more frequent monitoring is required. (See Confircence on Neurological Disorders and Commercial Drivers and Confircence on Psychiatric Disorders and Commercial Drivers and Confircence on Psychiatric Disorders and Commercial Drivers and Confircence on Psychiatric Disorders and Emmercial Drivers and Confircence on Psychiatric Disorders and hittp://www.fnresa.dot.gov/rulesregs/medreports.htm) If an individual meets the criteria by using a hearing aid, the driver must wear that hearing aid and have in operation at all times while driving. Also, the driver must be in possession of a spare power source for the hearing aid.

For the whispered viorie test, the individual should be stationed at least 5 feet from the examiner with the ear being testationed at least 5 feet from the examiner with the ear being stationed at least 5 feet from the examiner with the ear being the breath which remains after a normal expiration, the examiner whispers words or random numbers such as 66, 18, 23, etc. The examiner should not use only shilatus (seconding test materials). The opposite care should be tested in the same manner. If the individual fails the whispered voice est, the audiometric test should be administered.

If an individual meets the criteria by the use of a Rearing aid, the following statement must appear on the Modical said. Hexaminer's Certificate "Quatificed only when wearing a hearing aid."

Alcoholism § 391.4(lb)(13)
§ 391.4(lb)(13)
A person is physically qualified to drive a commercial motor vehicle if that person:
Has no current clinical diagnosis of alcoholism.
Has no current clinical diagnosis of is specifically designed to encompass a current alcoholic illness or those instances where the individuals physical condition has not fully stabilized, regardless of the time clement. If an individual shows signs of having an alcohol-use problem, he or she should be referred to a specialist. After counseling and/or treatment, he or she may be considered for certification.

aid"
(See Hearing Disorders and Commercial Motor Vehicle Drivers at: http://www.finesa.dot.gov/tulesregs/medreports.htm)

## Drug Use § 391.41(b)(12)

8 374-10/10/11.

8 374-10/10/11.

8 374-10/10/11.

8 above the physically qualified to drive a commercial motor vehicle if that person:

Does not use a controlled substance identified in 21.

CFR 1308.11. Scheduled, an ampheamme, a narcotic, or any other habel-forming view. Exception: A driver may use such a substance or drug, if the substance or drug is prescribed by a licensed medical practitioner who is familiar with the driver's medical introory and assigned duties; and has advised the driver that the prescribed substance or drug will not advise the flavor and motor wehicle.

This exception does not apply to methadone. The intent of the medical certification process is to medically evaluate adviver to ensure that the driver has not medically outsidion which interferes with the safe performance of driving tasks on a public road. If a driver uses a Schedule I drug or other substances an emphetamine, a narrotic, or any other habit-forming drug, it may be cause for the driver to be found medically ungalified. Most carriers are amountaged to obtain a practitioner's written stakement about the effects on A test for controlled substances is not required as part of this behalf be contacted directly for information on emphysers and alcohol testing under Part 382 of the controlled substances and alcohol testing under Part 382 of the controlled substances.

(g) If the medical examiner finds that the person he/she examined is physically qualified to drive a commercial motor vehicle in accordance with §391.41(b), the medical examiner shall complete a certificate in the form prescribed in paragraph (h) of this section and furnish one copy to the person who

was examined and one copy to the motor carrier that employs him/her.

(h) The medical examiner's certificate shall be substantially in accordance with the following form. Existing forms may be used until current printed supplies are depleted or until November 6, 2001, whichever occurs first.

## The information I have provided regarding this physical examination is true and complete. A complete examination form with any attachment embodies my findings completely and correctly, and is on file in my office. Chiropractor I certify that I have examined in accordance with the Federal Motor Carrier Safety Regulations (49 CFR 391.41-391.49) and with knowledge of the driving duties, I find this person is qualified; and, if applicable, only when: accompanied by a Skill Performance Evaluation Certificate (SPE) driving within an exempt intracity zone (49 CFR 391.62) 8 DRIVER'S LICENSE NO QW Qualified by operation of 49 CFR 391.64 TELEPHONE MEDICAL EXAMINER'S CERTIFICATE MEDICAL EXAMINER'S LICENSE OR CERTIFICATE NO. / ISSUING STATE waiver/exemption MEDICAL CERTIFICATE EXPIRATION DATE MEDICAL EXAMINER'S NAME (PRINT) SIGNATURE OF MEDICAL EXAMINER wearing corrective lenses : wearing hearing aid accompanied by a SIGNATURE OF DRIVER ADDRESS OF DRIVER

 $[35~{\rm FR}~6460,\,{\rm Apr.}~22,\,1970]$ 

EDITORIAL NOTE: For FEDERAL REGISTER citations affecting §391.43, see the List of CFR Sections Affected, which appears in the

Finding Aids section of the printed volume and on GPO Access.